

# 4 on 4 Flag Football Rules

## FIELD SIZE

- 60 yards by 25 yards

## ATTIRE

- Cleats are allowed, except for METAL SPIKES. There will be shoe inspections
- Shirts must be tucked in shorts, pants, etc.... NO BELT LOOPS ALLOWED

## PLAYER CHANGE

- All player changes must be made prior to the first scheduled game and must be added to your roster
- No player change will be accepted after the first game and no player change will be accepted due to injury

## PLAYERS/GAME TIME

- Teams must field a minimum of 3 players at all times
- Teams consist of 6 players, 4 on the field and 2 substitutes
- If a team is more than 10 minutes late they will be forfeited
- We reserve the right to reduce, shorten or reschedule games do to inclement weather

## THE GAME

- No contact allowed
- No blocking
- Coin toss determines first possession
- Ball must be always be snapped between legs for the possession to start.
- The offensive team takes possession of the ball at their 5-yard line to start the game and has 3 plays to cross the mid-field. Once the team crosses the mid-field they will have 3 plays to score a touchdown.
- If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
- All possession changes except interceptions start on the offenses 5-yard line.
- Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a Delay of Game penalty is enforced.

## SCORING

- Games are played to 28 points or 30 minutes, whichever comes first
- TD = 6 points, extra points = 1 (5 yards out); 2 (12 yards out), Safety = 2 points

## RUSHING THE QB

- All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB. The rusher does not have to line up with a clear path to the quarterback, but if he/she does not, then the offensive player is not required to move out of the rushers lane to the QB.
- Players not rushing the QB may defend on the line of scrimmage
- Once the ball has been handed off the 7-yard rule is no longer in effect and all defenders are eligible to rush
- A special marker, or the referee will designate 7 yards from the line of scrimmage

## RUNNING

- The QB CANNOT run the ball
- Only direct hand-offs behind the line of scrimmage are legal. NO pitches or laterals of any kind will be allowed. Offense may use multiple hand-offs.
- The player who takes the hand-off can throw the ball as long as he/she does not pass the line of scrimmage
- “NO RUNNING ZONES” are located 5 yards before midfield and 5 yards before the end zone in each offensive direction
- “NO RUNNING ZONES” are designed to avoid short yardage power running situations
- Spinning is allowed but players cannot leave their feet to avoid a defensive player
- The ball is spotted where the ball carrier's belt is when the flag is pulled, not where the belt lands. Ball and flags must break the plane for a 1<sup>st</sup> down and touchdown

## PASSING

- If a flag is pulled before the football leaves the QB's hand, QB is down
- All passes must be forward and received beyond the line of scrimmage
- Shovel passes are allowed but must be received beyond the line of scrimmage
- QB has a 7 second “pass clock”. If a pass is not thrown within the 7 seconds, play is dead, loss of down, ball returns to the line of scrimmage. Once the ball is handed off the 7 second rule is no longer in effect
- Interceptions change the possession of the ball at the point of interception. The ball comes out to the 5-yard line if the interception occurs in the end-zone.

## RECEIVING

- All the players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time
- Player must have at least one foot in bounds when making a catch
- Passes may not be intentionally tipped in any direction to another teammate

## DEAD BALLS (when)

- Offensive player's flag is pulled
- Ball carrier steps out of bounds touchdown is scored
- At the point of interception (interception returns are not allowed)
- Ball carrier's knee, hand or the ball hits the ground
- Ball carrier's flag falls out
- Receiver's flag falls out/off (play is dead at point of reception)
- If the quarterback takes a snap without both flags, the ball is dead where he/she receives the snap
- There are no fumbles, ball is spotted where it hits the ground. Anytime the ball touches the ground it is dead

## TIME OUTS

- Each team has one 60 second time out per half (2 total for the game), in which the clock stops
- Officials can stop the clock at their own discretion

## OVERTIME

- If the score is tied at the end of 30 minutes, teams move directly into overtime
- Coin toss determines possession
- Each team receives 1 play from their own 5 yard line
- Negative yardage on a play is better than an interception, but not an incomplete pass
- Defensive penalties may be accepted resulting in 10 yards from the penalty counts towards the overall possession's yardage. A penalty on the offense is deemed a negative 10 yards and loss of down
- The team gaining the most yardage on the one play is declared the winner and awarded 1 additional point even if the result of the play is a touchdown

## SPORTSMANSHIP/ROUGHING

- If the referee or site supervisor witnesses any acts of tackling, elbowing, cheap shots, blocking or any un-sportsman conduct the game will be stopped and the player can be ejected from the game. Tournament director may eject players from the tournament.
- Trash talking is illegal and the official has the right to determine what is offensive (trash talk is what may be offensive to the official, other team or spectators).

## PENALTIES

- All penalties are assessed from the original line of scrimmage

### **Defense**

- All defensive penalties are 10 yards from line of scrimmage and automatic 1<sup>st</sup> down
- Off sides
- Interference
- Illegal contact (holding, bump and run, blocking, etc.)
- Illegal flag pull (before receiver has ball)
- Illegal rushing (start rush from inside the 7 yard marker)

### **Offense**

- All offensive penalties are 10 yards from line of scrimmage and loss of down
- Within 10 yards of goal ball is placed ½ the distance to the goal
- Illegal motion (more than 1 person moving, false start, motion, etc.)
- Illegal forward pass (pass received behind the line of scrimmage)
- Flag guarding
- Delay of game – clock will stop, 10 yards and loss of down
- Referees determine incidental contact which may result from normal run of play
- Only the team captain may ask the referee questions about rule clarification and interpretations
- Games can not end on a defensive penalty unless the offense declines it

## DIVISIONAL TIE BREAKERS

- 2 teams tied for one place – whoever won the head to head competition
- 3 teams tied for two places – point differential in head to head games (forfeits are worth 14 points)
- If a team forfeits a game and they are in a two or three way tie, they are automatically lowest seed possible within the tied teams

## OTHERS

- 1 and 2 point conversions do not count as timed plays within the last 2 minutes of the game. The clock starts back up on the referees whistle

**\* The tournament coordinator shall have the authority to institute new rules or change old rules to maintain continuity of the overall Youth Activities program. His/her interpretation of the rules shall be final**